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SWOSU BULLDOG WELLNESS

Newsletters

May 2018

SWOSU Bulldog Wellness Committee

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SWOSU

Bulldog Wellness

May 2018



Excessive Water Intake

By Dr. Chris

Water intoxication or water poisoning is the biochemical disturbances that occur within the body by drinking excessive amounts of water (overhydration). Apart from the quantity of water consumed, the period in which it is consumed is also an important factor. Drinking large amounts of water in short periods of time is the greater danger as the body's regulatory mechanisms cannot cope.

Normally the body must maintain a certain amount of water and electrolyte balance. Various mechanisms come into play to maintain homeostasis and pass out the excessive fluid through the kidneys in the form of urine. In water intoxication, the kidneys cannot pass out fluid fast enough and it accumulates in the system to disrupt the water and electrolyte balance which can lead to serious and even fatal outcomes.

How much water is dangerous?

The quantity of water that leads to overhydration depends on the individual's level of activity, climate and the duration of time over which the water is consumed. People who are active or live in a hot environment will be tolerate larger quantities of water. Generally, a person should not drink more than 4 liters (approximately 135 ounces) in a 24-hour period but the dangerous level is consuming more than 6 gallons of water per day repeatedly¹. This is the maximum capacity that healthy kidneys could pass out excessive fluid.

However, this maximum kidney activity to expel the fluid cannot be maintained indefinitely. It may also be possible for a person to drink much less than 4 liters and experience water intoxication over a long period of time. This is largely due to kidney health. A person with impaired kidney function or pituitary abnormalities may find that the kidney cannot pass water fast enough. Water is therefore retained and disturbs the electrolyte balance much sooner and even with the intake of normal levels of water.

Dangers of Excessive Water Intake

Of all the cells that are affected with this water logging, it is the brain cells that are of immediate concern. If there is a gradual increase in fluid within the body, then the brain cells can adapt to a certain degree. However, when the fluid intake is fast then the brain cells cannot prevent this waterlogging. As a result there may be swelling of the brain known as cerebral edema. It can lead to permanent damage of brain tissue and sometimes even death.

The dangers of excessive water intake are often more severe when a person is dehydrated and then rapidly rehydrated. The body cannot cope with the sudden influx of fluids and electrolytes. Rehydration must be done gradually, or it can at times be as dangerous as dehydration. Therefore, people who are severely dehydrated should be rehydrated within a hospital setting with the use of an isotonic solution.

Signs and Symptoms

The signs and symptoms of overhydration and eventually water intoxication may not always be

obvious. The diagnosis must be made by a doctor followed by a blood test, which can then assess electrolyte levels. The signs and symptoms may therefore include:

- Swelling of the legs
- Difficulty breathing
- Abnormal breathing sounds
- Poor concentration
- Lethargy

In severe cases there may be confusion, seizures and even loss of consciousness which can resemble intoxication with other substances. Diarrhea, nausea and vomiting are symptoms of hyponatremia which may also be present in water poisoning.

<http://www.healthhype.com>



Sweat?

On its own, sweat doesn't smell. The odor comes after sweat mixes with bacteria or proteins present on your skin.

-AllianceHealth Oklahoma



Walking Club

The SWOSU Walking Club is meeting every MWF, 12:10 pm, at the Wellness Center. Fit exercising into your workday with a 30-40-minute walk and

receive the benefits of social support, stress relief, and renewed energy.

SWOSU Pool Hours



Monday-Friday 6 a.m. - 8 a.m.,
12p.m. - 2 p.m., 5p.m. - 7 p.m.
Tuesday 5 p.m. - 7p.m. (closed)

Water Aerobics

Mondays, Tuesdays

& Wednesdays 6 - 7 p.m.

Recipe of the Month

Omelet Cups

Ingredients

- 1/2 cup red onion, chopped
- 1/2 cup bell peppers, chopped
- 1 cup egg white
- 1 dash black pepper
- 1/2 cup mushrooms, sliced

Directions

1. Preheat oven to 350 °F (175 °C) and line muffin pan with paper liners.
2. Whisk eggs together in a large bowl.
3. Add all other ingredients to the eggs and stir.
4. Fill a muffin pan about 3/4 way full and bake for 25 minutes or until egg is set.

Nutrition Summary:

- There are **28 calories** in 1 serving of Omelet Cups.
- Calorie break-down: **4% fat**, 27% carbs, 68% protein.

-www.fatsecret.com



Weight Watchers @ Work

The new session of Weight Watchers at Work began on April 9th with 13 members. This

is a 12 week session and we look forward to great success for each of our members. We thank the Wellness committee for subsidizing the fees to make this possible for our employees.

If you are interested in joining our next session please contact me at (580)774-7070 or email me at Kathy.megli@swosu.edu for information.

Move of the Month

McGill Curl Up



Classes Offered on Campus

